



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-15-12)

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### 100212 – FRUIT, CANNED, MIXED, EXTRA LIGHT SYRUP

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>U.S. Grade B or better. Canned mixed fruit, diced peaches, diced pears, and whole seedless grapes, are packed in extra light syrup or juice.</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>6/#10 cans per case. Each can contains about 106 oz (12<math>\frac{1}{8}</math> cups) mixed fruit and juice.</li><li>One #10 can AP yields about 62.0 oz (8<math>\frac{1}{2}</math> cups) drained mixed fruit and provides about 34.0 <math>\frac{1}{4}</math>-cup servings drained mixed fruit OR about 48.6 <math>\frac{1}{4}</math>-cup servings mixed fruit and juice.</li><li>CN Crediting: <math>\frac{1}{4}</math> cup mixed fruit and juice OR <math>\frac{1}{4}</math> cup drained mixed fruit provides <math>\frac{1}{4}</math> cup fruit.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Store unopened canned mixed fruit in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li><li>Store opened canned mixed fruit covered and labeled in a dated nonmetallic container under refrigeration.</li><li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>

### Nutrition Information

Fruit, mixed, extra light syrup, fruit or juice

	$\frac{1}{4}$ cup (63 g)	$\frac{1}{2}$ cup (126 g)
Calories	34	69
Protein	0.26 g	0.51 g
Carbohydrate	8.94 g	17.88 g
Dietary Fiber	0.8 g	1.5 g
Sugars	7.16 g	14.33 g
Total Fat	0.05 g	0.10 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.18 mg	0.36 mg
Calcium	3 mg	6 mg
Sodium	4 mg	8 mg
Magnesium	3 mg	6 mg
Potassium	53 mg	106 mg
Vitamin A	6 IU	12 IU
Vitamin A	124 RAE	248 RAE
Vitamin C	1.9 mg	3.9 mg
Vitamin E	0 mg	0 mg



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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li><li>• Use a clean and sanitized can opener.</li><li>• Mixed fruit can be used right from the can, chilled, or at room temperature.</li></ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Serve canned mixed fruit chilled or use in recipes for breads, cakes, or desserts.</li><li>• Serve mixed fruit, chilled with syrup or chilled and drained, as part of fruit salad or with cottage cheese.</li><li>• Combine with other fresh, canned, or frozen fruit for fruit cup or compotes.</li><li>• Add mixed fruit to gelatin.</li><li>• Use as directed in recipes specifying mixed fruit or fruit cocktail.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li><li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li><li>• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.